

# Get Educated Fight Back



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[ThinkPink365.org](http://ThinkPink365.org)

## South Asian Breast Cancer Awareness Foundation



Courage | Desire | Will Power | Determination

[www.sabcafoundation.org](http://www.sabcafoundation.org)

202-670-4SABCA (4722)



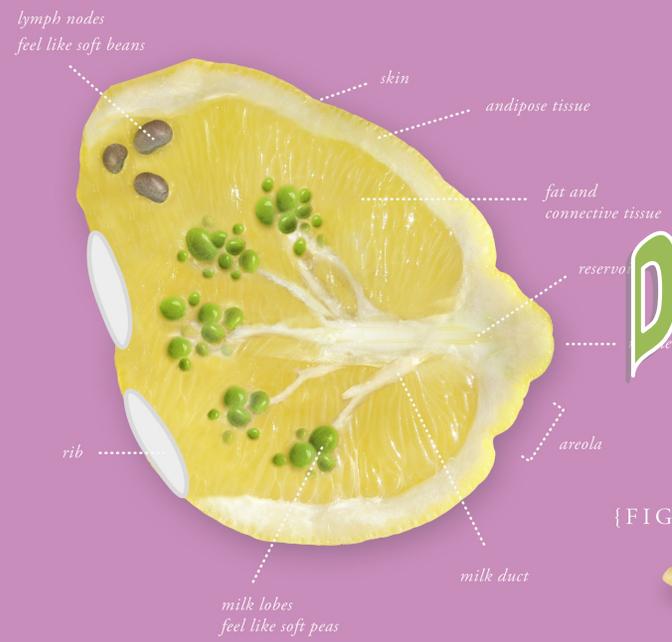
SabcaFoundation



4SABCA

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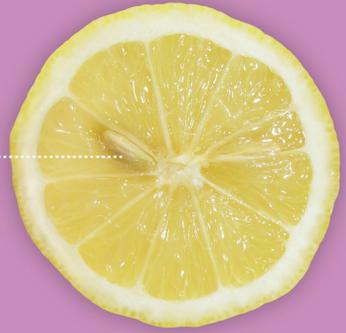
{FIG. 1} ANATOMY OF THE BREAST



THE BREAST IS A CHANGING part of the body that can swell and turn tender close to menstruation. Breasts are most likely to be "normal" a few days after the end of your period—a time to become familiar with your unique anatomy and feel and look for anything unusual. With age, the breast tissue turns from muscle to fat, making mammography possible. Mammography helps to detect smaller lumps before fingers can. **A lump is not the only sign, so don't be afraid to report anything strange.** When cancer is detected in early stages, cure rates exceed 90%.

**DRAFT**

{FIG. 2} BREAST CANCER as a lump



{FIG. 3} LUMP



a cancerous lump often hard and immovable feels like a lemon seed

What does a lump feel like?



A very special thanks to The Mayor of Breast Cancer Worldwide for continued support and use of valuable information for this brochure.

[www.worldwidebreastcancer.com](http://www.worldwidebreastcancer.com)

## A typical path for diagnosing breast symptoms



\* Additional diagnostic tools

Starting point for routine breast screening (no symptoms)

## What do I look for?

Don't think of a breast self-exam as a hunt to find cancer, but rather to understand the normal landscape of your breasts. Both the look and feel.

## What is my risk?

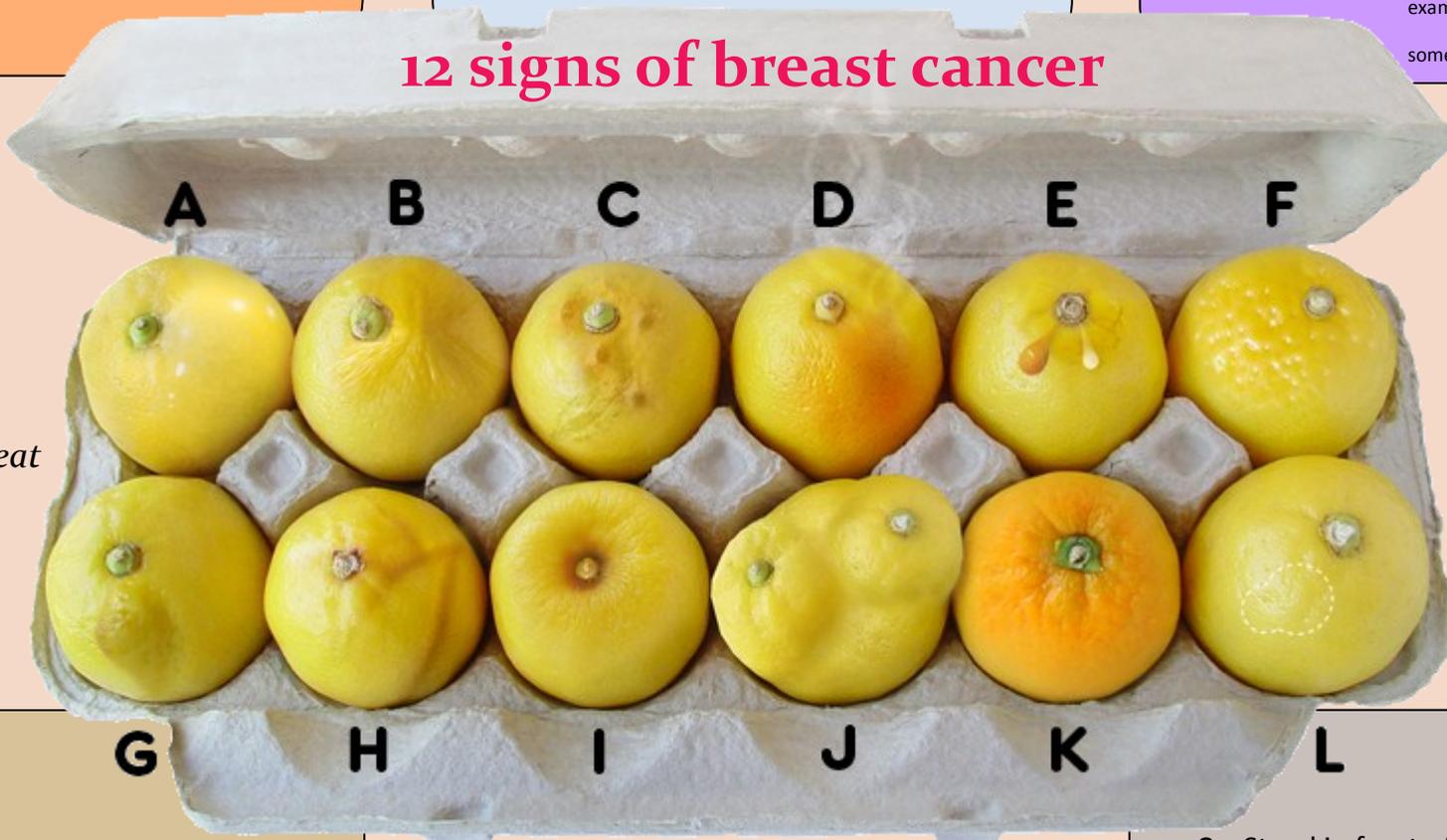
Average risk is 1-in-8, which increases with age; with most being diagnosed after age of 50. Key is regular self exams and early detection.

## When do I self-exam?

Self exams starting with age 20, once per season is usually enough. After the age of 40 annual clinical exam and mammogram is recommended.

Avoid being rushed when you perform the exam. Choose a date that will afford you some privacy and time.

## 12 signs of breast cancer



- A. hardening
- B. indentation
- C. skin erosion
- D. redness or heat
- E. new fluid
- F. dimpling

- G. bump
- H. growing vein
- I. nipple retraction
- J. asymmetry
- K. orange peel skin
- L. inside lump

## Self Exam

- A. Raise one arm, with fingers flat, touch every part of each breast, gently feeling for a lump or thickening.
- B. Place a towel under your shoulder and that same arm under your head, and cross hand examine your breast for lumps



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## Self Exam

- C. Stand in front of a mirror with arms on your waist look for changes in size, shape, contour, and skin texture.
- D. Finger flat, press gently in small circles starting at the outermost top edge and spiraling in towards the nipple. Do this to examine the underarm area too.